

More of My Favorite Exercises

1: Blink your thoughts away. Tibetan lamas, Eckhart Tolle, Thich Nhat Hanh and others teach using voluntary blinks to break out of looping thoughts. “You can’t think when you blink!” a U.K. researcher wrote me, “but your mind stitches it all together.” For his article, see:

http://win.pisavisionlab.org/Downloads/blinks_currentbiol.pdf

2: “Short moments of awareness, repeated, become continuous,” teach the www.balancedview.com folks. What’s a short moment? Two seconds? Four blinks? Try it. Blink two times a second, eyes open or closed (same muscles) for twelve seconds (twenty-four blinks). You just have experienced the state of ‘no thought’ that is your true self. This pure awareness underlies all thoughts, all dream and sleep states. According to some teachings, this pure awareness continues even after death.

3: The Vedanta Society’s founder, Swami Vivekananda, taught that twelve seconds (twenty-four blinks) of no-thought equal a ‘Dharana’ (concentration), twelve Dharanas (one hundred forty-four seconds) equal a ‘Dhyana’ (meditation) and twelve Dhyanas (one thousand, seven hundred and twenty-eight seconds – call it a half-hour of blinks –) make a ‘Samadhi’ – total absorption in pure bliss. YUM!

One person asks: “How can you not think and count at the same time?” Answer: “Set your kitchen or watch timer, or ask a friend to call you.”

By the way, I find it hard to go beyond 220 seconds or so, because that seems to be the very tempting plateau of inspiring ideas.

To Warm The Third Chakra (Pit of Stomach)

4 : Sleep-Nursing: Babies nurse in their sleep on their soft palate.

Many examples of sleep-nursing can be found on line:

Ex: <https://www.youtube.com/watch?v=NZaNj0-ofWY>

A cat sleep-nurses, then stretches and purrs

<https://www.youtube.com/watch?v=u9NbT1yf5uI>

It’s included in the Vigyan Bhairava Tantra’s Shiva’s exercises (#52-C).

5: Reverse your tongue as a reminder to keep a slight vacuum between the tongue and soft palate (when not eating, talking or sleeping).

6: Final note: Combine 1, 4 and 5 on your pulse rate, or just go buy a lollipop!.

**The latest upgrade of
No more hollow feelings**

The best simple exercise
loneliness, depression, sadness,

The Akshobya Buddha

Eyebrows slightly raised,

Eyes relaxed in a soft

Smile muscles dynamically balanced against slightly pursed lips.

(Probably sleep-nursing on soft palate and uvula - see #4 other side.)

The Cuyamunge Institute <http://www.cuyamungeinstitute.com/>
interprets the indigenous trance postures found in ancient carvings
and paintings as preliterate teachings. Go to their site for many
interesting articles. Following their methods, I suggest using
the Akshobya Buddha's face above as a model:



**'Nursing On The Lily'
in the tummy ever!**

designed to dissolve
– Churchill's 'black dog'.

581-618 C.E., China.

the eyelids half-closed,

peripheral vision,

1. Copy the Akshobya's expression as shown, by
2. Pursing your lips slightly as if to kiss someone.
3. Holding that kiss gesture, and adding a full smile.
4. 'Balancing' the two sets of muscles isometrically, with the
kiss and smile muscles tugging slightly against each other.

Also give the front chin muscle a slight upwards tug.

For me, that triggers a wave of compassion for all beings.

The three-way balance is more important than the amount of
pressure. When balanced, a rush of warm energy should move
up your chest from the solar plexus. (At least it does for me!)

5. Tracheal Resonance: purr (snore) in and out until your toes and fingers
tingle. Sometimes I use an in-out silent sigh: "Ah (in)-hah (out)."
- 7: Easiest of all: on the inhale just flare your nostrils, not your temper.

For more information on #5, see "Touching Nirvana:"

<http://www.raysender.com/touching%20nirvana%20singles.pdf>